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ABSTRACT

This annotated resource directory lists brochures, booklets, audiovisual materials, charts, and other educational materials, most of which are available in both English and Spanish, that address the following issues: (1) child abuse; (2) child development; (3) parenting skills; (4) mental health; (5) self-esteem; (6) stress management; (7) family planning; and (8) teenage parenthood. Information on the distributor of each item is provided. (BJV)

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HISPANIC HEALTH COUNCIL

RESOURCES ON CHILD ABUSE PREVENTION

RESOURCE DIRECTORY OF HISPANIC EDUCATIONAL MATERIALS ON CHILD ABUSE PREVENTION

HISPANIC HEALTH COUNCIL

*Research, Advocacy and Training
in Health and Education*

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INTRODUCTION

The Hispanic Health Council received a two year grant from the National Center on Child Abuse and Neglect to develop and implement a child maltreatment prevention program. As part of this program, parent aides were recruited and trained. Like all intervention projects under taken by the Hispanic Health Council, the Child Maltreatment Program was designed to meet the needs of the Puerto Rican and other Hispanic populations of Hartford, CT.

Our search for educational materials in Spanish resulted in the writting of this Resource Directory. All the booklets, audiovisuals, and charts described in this directory are available in both English and Spanish unless specifically noted otherwise. We hope you find these materials to be useful.

Nancy Hill

Candida Flores

Iris Nieves

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AUDIOVISUALS: CHILD ABUSE

TITLE: SOMETIMES I FEEL LIKE A MOTHERLESS CHILD: JOY CHILD

15 Minutes A slide presentation.

DESCRIPTION: An example of a public information presentation that utilizes a visual approach to heighten general awareness about the problem of child abuse and what can be done about it. The slides include settings that provoke abuse, examples of abused children and normal family settings.

DISTRIBUTED BY: Eastman Kodak Company
Rochester, N.Y. 14650

TITLE: WE THE PEOPLE

17 Minutes (1976) An audio cassette.

DESCRIPTION: The program is concerned with the rights of children, and is aimed primarily at working parents. A brief historical overview of child care is provided and a bill of rights for children is outlined. Emphasis is placed on the importance of parenting. Available in Spanish Only.

DISTRIBUTED BY: Texas State Department of Human Resources
Educational Media Production Section
P. O. Box 2960
Austin, TX 78769

TITLE: THE CRIB (T.V. SPOT)

(1976) 30 Seconds

DESCRIPTION: The camera pans a child's room, dark except for a night light, while a mother talks about her frustration at trying to meet her baby's needs while her own go unmet. The message that help is available is conveyed, stressing that one should not be afraid to seek help.

DISTRIBUTED BY: National Center on Child Abuse & Neglect (DHEW)
P.O. Box 1182
Washington, D.C. 20013

AUDIOVISUALS: CHILD ABUSE

TITLE: 2,000 CHILDREN (Television Spot) - 2,000 Ninos)
30 Seconds (1976)

DESCRIPTION: A playground filled with children playing is depicted. The narrator reviews childhood diseases for which science has found cures, and states that child abuse is a killer that science alone cannot cure. The scene dissolves to a quiet, empty playground. The need to help is stressed.

DISTRIBUTED BY: National Center on Child Abuse & Neglect (DHEW)
P.O. Box 1182
Washington, D.C.

TITLE: A SMALL THING (Poca Cosa)
27 Minutes (Made in Spanish with English Subtitles)
16mm, Video Cassette

DESCRIPTION: This film was developed to educate Latino families about the causes, legal actions and possible solutions for child abuse, as well as to provide valuable cultural information for those social service, health and education professionals working with Latino families.

DISTRIBUTED BY: Bilingual Cine-Television
2017 Mission St, 2nd Fl.
San Francisco, CA 94110

TITLE: WAR OF THE EGGS (Guerra de los Huevos)
27 Minutes - (1971)

DESCRIPTION: A dramatization of a case child abuse is presented.

DISTRIBUTED BY: Paulist Productions
P.O. Box 1057
Pacific Palisades, CA 90272

BOOKLETS: CHILD ABUSE

TITLE: ABOUT CHILD ABUSE (Sobre el Maltrato de los Ninos)

DESCRIPTION: Helps readers recognize symptoms and understand causes of child abuse. Emphasizes everyone's responsibility to report suspected cases, and tells how troubled families can seek help.

Written in simple language.
Illustrated. (15 Pages) 1980

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
1-413-665-7611

TITLE: SEXUAL ABUSE OF CHILDREN -
(Maltrato Sexual de los Ninos)

DESCRIPTION: Designed to help parents and the community protect children from sexual abuse. Discusses the causes and serious effects of abuse, and reporting procedures. Urges parents to teach children how to protect themselves.

Written in simple language.
Illustrated.

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
1-413-665-7611

TITLE: WHAT DO YOU KNOW ABOUT CHILD ABUSE? -
(Que Sabes Acerca del Abuso de Menores?)

DESCRIPTION: This brochure answers more than 20 basic important questions that many people ask about child abuse.
(2 Pages) 1977

DISTRIBUTED BY: National Committee for the Prevention of Child Abuse
332 South Michigan Avenue
Suite 950
Chicago, IL 60604-4357
(312) 663-3520

BOOKLETS: CHILD ABUSE

TITLE: LET'S TALK ABOUT SEXUAL ABUSE -
(Vamos a Hablar Acerca del Abuso Sexual de Menores)

DESCRIPTION: This pamphlet includes a definition of sexual abuse,
its symptoms, treatment and tips for prevention.
Written by Iris Nieves-Cross, M.A. (5 Pages) 1986

DISTRIBUTED BY: Hispanic Health Council
Project Hope
96 Cedar Street
Hartford, CT 06106
(203) 527-0856

CHARTS: CHILD DEVELOPMENT

TITLE: HOW YOUR BABY GROWS - (El Crecimiento de su Bebe)

DESCRIPTION: An illustrated chart that describes the body, hand, speech, and social development of babies from newborns to two year olds.

DISTRIBUTED BY: Johnson & Johnson
Baby Products Company
Skillman, New Jersey 08558

AUDIO VISUALS: CHILD DEVELOPMENT

TITLE: YOUR CHILD: TWO WEEKS TO TWO MONTHS
(Su Nino: Dos Semanas Hasta Dos Meses)

DESCRIPTION: This is both a joyous and confusing time as both infant and parents adjust to each other. While it's often difficult to understand what the baby wants and needs, the child's needs are shown to be mostly simple things such as nutrition, sleep and warm comfort. The film stresses the importance of a consistent pattern of growth rather than gains in weight or height. Also includes safety precautions to be followed.

(13 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

TITLE: YOUR CHILD: TWO TO SIX MONTHS
(Su Nino: Dos Meses Hasta Seis Meses)

DESCRIPTION: This film highlights the infant's continued progress. covers basic motor and muscular development such as head control, grasping, sitting with support, etc. Also discusses travel, toys, teething, immunizations, safety measures and baby's receptivity to language-spoken or otherwise. Stresses need for parents to find time away from caretaking.

(11 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

AUDIO VISUALS: CHILD DEVELOPMENT

TITLE: YOUR CHILD: SIX TO TWELVE MONTHS
(Su Nino: Seis Meses Hasta Doce Meses)

DESCRIPTION: This film examines how the child is becoming more expressive, assertive and curious and is not necessarily the "team player" Mom and Dad expected. It prepares parents for the slow-down in both appetite and growth which often accompanies this period along with an interest in feeding themselves. Cautions on proper safeguards to match the child's emerging mobility. Concludes with toilet training and bedtime problems.

(11 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

TITLE: YOUR CHILD: TWELVE TO EIGHTEEN MONTHS
(Su Nino: Doce Meses Hasta Dieziocho Meses)

DESCRIPTION: This film covers the child's increased independence and tendency to test the limits. Show how the development in language, coordination, and socialization is rapidly increasing. Further emphasizes the importance of effective parent-child interaction including reading, talking, TV-viewing, and bedtime preparation. Other issues reviewed include individualism, sibling rivalry, self-image, variations in eating patterns, and further safety precautions. (11 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

AUDIO VISUALS: CHILD DEVELOPMENT

TITLE:

YOUR CHILD: EIGHTEEN TO TWENTY FOUR MONTHS
(Su Nino: Diesiocho Meses Hasta Veinticuatro Meses)

DESCRIPTION:

This program focuses on the transformation of baby into child. Language skills and mobility accelerate dramatically causing a greater need for parental awareness and interaction. This is often the time for nighttime fears, pretend friends, and active rebellion. Examines the child's increased assertiveness and offers specific suggestions for discipline. More challenging toys and increased play space are recommended. Stresses importance of child-proofing and close supervision. (11 Minutes)

DISTRIBUTED BY:

MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

AUDIOVISUALS: PARENTING SKILLS

TITLE: **SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP)**
- Padres Eficaces Con Entrenamiento Sistemático (PECES)

DESCRIPTION: Presents a realistic approach to parent-child relationships. This program is intended for use by parents of preschool through middle-school children. Materials for the nine-session group discussion program include: a Leader's Manual, a Parent's Handbook, 5 Audiocassettes that provide an introduction to the program, plus dramatized vignettes of how typical parent-child situations can be effectively addressed through PECES principles and procedures; 18 Transparencies displaying charts and discussion guide cards; an Invitational Flier on a reproducible blackline master to stimulate parent interest in PECES; and a convenient Shelf Box.

DISTRIBUTED BY: American Guidance Service
Publisher's Building
Circle Pines, MN 55014
1-800-328-2560 (Toll free outside of Minnesota)
(612) 786-4343 (Inside Minnesota)

TITLE: **COMFORTING YOUR FUSSY BABY -**
(Consolando Al Bebe Molesto)

11 Minutes (Film)

DESCRIPTION: Provides valuable suggestions for distracting the fussy baby and demonstrates how to distinguish fussiness from other behaviors which may indicate hunger or illness.

DISTRIBUTED BY: Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
1-800-421-2363
312-328-6700

AUDIOVISUALS: PARENTING SKILLS

TITLE: NEW BABY CARE - (Cuidado Del Recien Nacido)
18 Minutes

DESCRIPTION: Assists expectant parents with the skills and equipment needed to care for the newborn.

DISTRIBUTED BY: Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
1-800-421-2363
(312) 328-6700

TITLE: FEEDING YOUR CHILD - (Alimentando A Su Nino)

DESCRIPTION: Discusses breast and bottle feeding, meal scheduling introducing different kinds of food, and how to plan nutritious meals children will like.

DISTRIBUTED BY: Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
1-800-421-2363
(312) 328-6700

TITLE: ACCIDENTS DON'T HAVE TO HAPPEN -
(Los Accidentes No Son Necesarios)

DESCRIPTION: Demonstrates the importance of being habitually safety-conscious and shows parents how they can effectively "child-proof" their homes and ensure child safety.
10 1/2 Minutes

DISTRIBUTED BY: Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
1-800-421-2363
(312) 328-6700

AUDIOVISUALS: PARENTING SKILLS:

TITLE: CARE OF THE SICK CHILD - (Cuidado De Su Nino Enfermo)

DESCRIPTION: Eases parents' fears about caring for the sick child by demonstrating correct methods for temperature taking and administering medicine.

DISTRIBUTED BY: Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
1-800-421-2363
(312) 328-6700

TITLE: CHILD CARE CHOICES -
(Alternativas Acerca del Cuido de su Nino)

DESCRIPTION: Shows parents how they can find the child care that is right for them. The program discusses the child care options available today, and the factors which should be taken into consideration when choosing a child care facility. Also shows parents how they can monitor the quality of care their children receive, once they are enrolled in a particular facility.

14 Minutes, 16mm and video formats

Produced by California State Child Development Programs
Advisory Committee

DISTRIBUTED: Perennial Education
930 Pitner Avenue
Evanston, IL 60202
1-800-323-9084

TITLE: WHEN YOUR CHILD IS SICK - (Cuando Su Hijo Esta Enfermo)

DESCRIPTION: This program examines the role parents play in attending to their sick child and communicating health problems to their physician. Parents are encouraged to observe their child carefully noting physical symptoms as well as changes in appearance and behavior. Underscores the fact that guilt and anxiety are understandable, but generally misplaced. Also reviews the specific information parents should have ready when calling the doctor. (11 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

AUDIOVISUALS: PARENTING SKILLS:

TITLE: BREAST FEEDING (Dando El Seno)

DESCRIPTION: This film presents a detailed explanation on how to be a nursing mother. Discusses preparing ahead, the first weeks of nursing, how to involve the other children, the father and how to plan separation time from the baby. The bonding experience is also covered.

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

TITLE: CARE OF THE NEW BORN BABY
(El Cuido De Un Bebe Recien Nacido)

DESCRIPTION: This film stresses the attitudinal changes required of a young couple as their new infant adjusts to his new environment. Demonstrates formula feeding, burping, changing diapers, using rectal thermometer and bathing baby. (12 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

TITLE: FEEDING YOUR BABY (Alimentar Su Bebe)

DESCRIPTION: This film presents the decision to breast or bottle feed as a matter of personal choice. Discusses the advantages and disadvantages of breast and bottle-feeding, and demonstrates procedures for both techniques. (12 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

BOOKLETS: PARENTING SKILLS

- TITLE: PLAIN TALK ABOUT CHILDREN WITH LEARNING DISABILITIES
(Charla Franca: Acerca de Ninos con Dificultades de Aprendizaje)
- DESCRIPTION: Discusses reasons children have trouble learning, peer behavior, how to help, and sources of assistance. 1980 (6 Pages)
- DISTRIBUTED BY: National Institute of Mental Health
Division of Communications and Education
Science Communication Branch
Parklawn Building, Room 15C17
5600 Fishers Lane
Rockville, MD 20857
(301) 443-4513
- TITLE: RAISING CHILDREN -(La Crianza de sus Hijos)
- DESCRIPTION: Suggestions and advice from experienced parents. Provides useful guidelines for raising children. 1982 (4 Pages)
- DISTRIBUTED BY: National Institute of Mental Health
Division of Communications and Education
Science Communication Branch
Parklawn Building, Room 15C17
5600 Fishers Lane
Rockville, MD 20857
(301) 443-4513
- TITLE: PLAIN TALK ABOUT DEALING WITH THE ANGRY CHILD
(Charla Franca: Como Tratar al Nino Enojado)
- DESCRIPTION: Discusses how parents can help a child deal with anger and aggression. 1980 (4 Pages)
- DISTRIBUTED BY: National Institute of Mental Health
Division of Communications and Education
Science Communication Branch
Parklawn Building, Room 15C17
5600 Fishers Lane
Rockville, MD 20857
(301) 443-4513

BOOKLETS: PARENTING SKILLS

- TITLE: PARENT-CHILD BONDING: THE DEVELOPMENT OF INTIMACY
(El Vinculo Entre Padres e Hijos: El Desarrollo de la Intimidad)
- DESCRIPTION: Written in easily understood terms. Answers questions often asked by parents and others about the parent-child bonding process. Also lays to rest some common misconceptions about the subject. Included are discussions of what "bonding" is, when it occurs, who is capable of it, factors that hinder it, and ways parents can assess and encourage the process. 1981 (4 Pages)
- DISTRIBUTED BY: National Committee for Prevention of Child Abuse
332 South Michigan Avenue
Suite 950
Chicago, IL 60604-4357
(312) 663-3520
- TITLE: WHAT EVERY PARENT SHOULD KNOW -
(Lo Que Deben Saber Todos Los Padres)
- DESCRIPTION: This booklet provides practical suggestions on how to cope with kids. Explains discipline concepts and techniques to resolve conflicts so that the rights and needs of both the parent and the child are respected. Excellent material for parents, kids, teachers, and parenting courses.
- Written by: Thomas Gordon, Ph.D. (21 Pages) 1975
- DISTRIBUTED BY: National Committee for Prevention of Child Abuse
332 South Michigan Avenue
Suite 950
Chicago, IL 60604-4357
(312) 663-3520

BOOKLETS: PARENTING SKILLS

TITLE: CHILD DISCIPLINE: GUIDELINES FOR PARENTS -
(La Disciplina: Una Guia Para Los Padres)

DESCRIPTION: This booklet looks at discipline as a positive experience for children and clarifies the differences among discipline, punishment, and abuse by investigating the purposes and probable results of each.

Written by: J. Gary May, M.D.
Illustrated. (23 Pages) 1980)

DISTRIBUTED BY: National Committee for Prevention of Child Abuse
332 south Michigan Avenue
Suite 950
Chicago, IL 60604-4357
(312) 663-3520

TITLE: THE CARE OF YOUR BABY - (El Cuidado de su Bebe)

DESCRIPTION An illustrated booklet that provides information on nearly every aspect of infant care. (71 Pages)

Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

TITLE: A MANUEL ABOUT CHILD SAFETY -
(Un Manuel Sobre la Seguridad del Nino)

DESCRIPTION: Creating a safe environment for children is the theme of this booklet. The prevention of falls, poisoning, choking, burns, drowning and suffocation is discussed. Car safety and safe toys are also included. (14 Pages, Illustrated) 1977

DISTRIBUTED BY: Gerber Products Company
Fremont, Michigan 49412

BOOKLETS: PARENTING SKILLS

TITLE: AM I PARENT MATERIAL? (Pensando en ser Padre o Madre)

DESCRIPTION: Raises a host of thought-provoking questions. It asks: Does having and raising a child fit the lifestyle I want? Have my partner and I really talked about becoming parents? Raising a child - What's there to know? A simple tool for both teens and adults, it is suitable for clinics, counselors, teachers and physicians.

1977 B 1/2 X 11/3 Fold

DISTRIBUTED BY: Network Publications
ETR Associates
1700 Mission Street
Suite 203
P.O. Box 1830
Santa Cruz, CA 95061-1830
1-800-429-9822

TITLE: YOUR CHILD'S EMOTIONAL HEALTH -
(La Salud Emocional de su hijo)

DESCRIPTION: Explains to parents how the home atmosphere affects children, and suggests ways to encourage good emotional health. Includes guidelines on assessing a child's emotional health and tells where to seek help.

Written in simple language.
Illustrated. (15 Pages) 1985

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
1-413-665-7611

BOOKLETS: PARENTING SKILLS

TITLE KEEPING YOUR CHILD HEALTHY -
 (Como Mantener Sano a su Nino)

DESCRIPTION: Guides parents in their responsibilities to keep
 children well fed and clean, and provide regular
 medical checkups and immunizations. Includes signs of
 common illnesses, timetable of normal development, tips
 on caring for emotional health, too.

 Written in simple language, Illustrated. (15 Pages)

DISTRIBUTED BY: Channing L. Bete Co., Inc.
 200 State Road
 South Deerfield, MA 01373
 1-800-628-7733
 1-413-665-7611

TITLE: THIS BOOK IS FOR YOU - (Este Libro es Para Ti)

DESCRIPTION: This handbook for latino parents of newborns is
 available in Spanish only. It contains the most recent
 information needed to make important decisions about
 their own parenting styles and their child's
 development from pregnancy to age 2.

 Illustrated. (145 Pages)

DISTRIBUTED BY: M.E.L.D.
 123 East Grant Street
 Minneapolis, MN 55403
 (612) 870-7748

CHARTS: PARENTING SKILLS

TITLE: HOW TO BATHE YOUR BABY - (Como Banar Al Bebito)

DESCRIPTION: An Illustrated chart with instructions regarding sponge
 baths and tub baths.

DISTRIBUTED BY: Johnson & Johnson
 Baby Products Company
 Skillman, N.J. 08558

AUDIOVISUALS: MENTAL HEALTH

TITLE: A GOOD PIECE OF ADVICE - (Un Buen Consejo)

DESCRIPTION: The story of a woman who is facing many family problems; her husband had left her, her children had begun to misbehave, and as a consequence, she was falling deeper and deeper into a mental depression. Finally, a friend told her about the services offered by the Mental Health Center and how it would help her to overcome her problems. It is a film custom-oriented to the Latino culture; dispels myths about mental health and illustrates counseling, analysis, family services, confidentiality, etc. Promotes the use of mental health services.

17 Minutes, 16mm and video cassette.

DISTRIBUTED BY: Bilingual Cine-Television
2017 Mission St., 2nd Floor
San Francisco, CA 94110
(415) 621-6243/621-8010

TITLE: WOMEN, LOVE, AND FEAR (La Mujer, El Amor Y El Miedo)

DESCRIPTION: Examines the needs of the Latino battered women and focuses on her struggle to regain her identity and dignity. The film can be effectively used to break the ice in an environment which is dominated by frozen emotions. It is meant to be used in a group setting in conjunction with a facilitator. "LA MUJER, EL AMOR Y EL MIEDO" is available in two versions: in Spanish only and with English subtitles.

17 Minutes, 16mm and video format.

DISTRIBUTED BY: Bilingual Cine-Television
2017 Mission St., 2nd Floor
San Francisco, CA 94110
(415) 621-6243/621-8010

BOOKLETS: MENTAL HEALTH

TITLE: IT'S GOOD TO KNOW ABOUT MENTAL HEALTH -
(Acerca de la Salud Mental)

DESCRIPTION: Discusses mental health, signs and causes of
depression, and helpful hints to deal with depression.

1978 (14 Pages) Illustrated.

DISTRIBUTED BY: National Institute of Mental Health
Division of Communications and Education
Science Communication Branch
Parklawn Building, Room 15C17
5600 Fishers Lane
Rockville, MD 20857
(301) 443-4513

BOOKLETS: SELF ESTEEM

TITLE: ABOUT SELF ESTEEM - (Sobre el Amor Propio)

DESCRIPTION: A clear presentation of the basis of good mental health. Helps readers understand the importance of self-esteem, assess their self-esteem level, and take positive action to improve it. 1986 (15 Pages)

DISTRIBUTED BY: Channing L. Bete Co. Inc.
200 State Road
South Deerfield , MA 01373
1-800-628-7733
(413) 665-7611

BOOKLETS: STRESS MANAGEMENT

TITLE: LIVING WITH STRESS (Vivir Con Tension)

DESCRIPTION: This film provides an overview on the subtle pressures of daily stress. Explains the primitive flight or fight response and the need to modify the way we cope with our individual stressors today. Presents many, varied management techniques to control stress.

(15 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DRIVE
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

AUDIO VISUALS: STRESS MANAGEMENT

TITLE: ABOUT STRESS - (Sobre La Tension)

DESCRIPTION: Acquaints readers with causes of stress, describes its effects, and defines anxiety and depression. Tells how to cope with everyday stress, encourages professional help when it is appropriate. (15 Pages)

DISTRIBUTED BY: Channing L. Bete Co. Inc.
200 State Road
South Deerfield , MA 01373
1-800-628-7733
(413) 665-7611

AUDIOVISUALS: FAMILY PLANNING

TITLE: THE PLANNED FAMILY - (La Planificacion de Familia)

DESCRIPTION: Designed to present the most basic facts about reproductive anatomy and birth control, The Planned Family is a perfect tool for use with semi-literate and special education groups. The program is narrated in a very straightforward, easy to understand format. A 14 minute filmstrip.

DISTRIBUTED BY: Perennial Education
930 Pitner Avenue
Evanston, IL 60202
1-800-323-9084

TITLE HOPE IS NOT A METHOD - (La Esperanza No Es un Metodo)

DESCRIPTION: Presents the facts on what conception is, how it occurs-and how to avoid that occurrence if pregnancy is not desired. Covers all the birth control methods presently available-from condom, cervical cap and diaphragm to fertility awareness and withdrawal; from the Pill and IUD to the contraceptive sponge and spermicides. Voluntary sterilization is also presented. The discussion of each method explains how the method works, and how it should be used, as well as how effective it is, and any emphasizes:

- * That sexually active couples face the problems of unwanted pregnancy primarily because they don't really know about birth control methods.
- * That couples who feel that contraception is unromantic, or who choose unprotected intercourse, haven't faced up to what a pregnancy will do to their relationship.
- * That the human family needs responsible loving, and responsible loving begins with using an effective method of contraception. But hope is not a method!

22 Minutes, 16mm and video formats

DISTRIBUTED BY: Perennial Education
930 Pitner Avenue
Evanston, IL 60202
1-800-323-9084

AUDIOVISUALS: FAMILY PLANNING

TITLE: BIRTH CONTROL: THE CHOICES
(Control De Natalidad: Las Alternativas)

DESCRIPTION: Presents the uses, limitations and the side effects of the usual methods of birth control, as well as tubal ligation, vasectomy and abortion. A physician, a birth control counselor, young persons who relate their experiences and animation are used to explore the choices.

Produced with the advice and assistance of Planned Parenthood World Population, Los Angeles.
25 Minutes, Color

DISTRIBUTED BY: Churchill Films
662 North Robertson Blvd.
Los Angeles, CA 90069-9990
1-800-334-7830

TITLE: TEENAGE SEXUALITY AND CONTRACEPTION
(La Sexualidad de Adolescentes Y La Contracepcion)

DESCRIPTION: This film discusses the need for a sexually active teenager to consider choosing some form of contraception. Dispels common myths and misconceptions many teenagers have about sex and contraception. further examines the various choices for contraceptive methods and the pros and cons of each.

(13 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

BOOKLETS: FAMILY PLANNING

TITLE: BIRTH CONTROL FACTS - (Los Hechos de Control Natal)

DESCRIPTION: Presents an overview of the 9 most common methods of birth control. After listing 10 questions to help the reader decide "What method is right for me?," the pamphlet unfolds into an easy-to-read 16"x17" chart comparing the methods. The chart includes: "What is it?," "My chances of not getting pregnant," "Health concerns," "Strong Points," and "Weak Points." The pamphlet is written in clear, simple language and is appropriate for use in both clinic and classroom settings. 1986 (16 X 17 Fold)

DISTRIBUTED BY: Network Publications
ETR Associates
1700 Misson St., Suite 203
P.O. Box 1830
Santa Cruz, CA 95061-1830
(408) 429-9822

TITLE: ABOUT CONTRACEPTION -
(Acerca del Control de la Natalidad)

DESCRIPTION: Discusses the advantages and disadvantages of many contraceptive methods. Examines factors to consider in choosing the best method.

Written in simple language, Illustrated (15 Pages) 1980

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
(413) 665-7611

TITLE: NATURAL FAMILY PLANNING -
(Planificacion Familiar Natural)

DESCRIPTION: Introduces three methods of monitoring fertility. Describes the phases of the fertility cycle and what the practice of natural family planning involves.

Written in simple language. Illustrated. (15 Pages)

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
(413) 665-7611

AUDIOVISUALS: TEENAGE PARENTHOOD

TITLE: TEENAGE PREGNANCY (El Embarazo en la Adolescencia)

DESCRIPTION: Examines the impact of teenage pregnancy on teenagers, the family and society. Includes discussions on sex education, the role of the school system, and the role of women in society. Produced by teenagers.

30 minutes, video format

DISTRIBUTED BY: HISPANIC HEALTH COUNCIL, INC.
98 CEDAR STREET
HARTFORD, CT 06106
(203) 527-0856

TITLE: FRENATAL CARE (El Cuido Prenatal)

DESCRIPTION: This film explains what happens during the first prenatal visit. Covers history taking, complete physical exam, guidelines for nutrition, diet and exercise. Reviews the normal changes that occur during pregnancy as well as the warning signs that necessitate calling the doctor. Also discusses the harmful effects of smoking, alcohol and drugs. (12 Minutes)

DISTRIBUTED BY: MILNER-FENWICK, INC.
2125 GREENSPRING DR.
TIMONIUM, MARYLAND 21093
1-800-638-8652
(301) 252-1700

BOOKLETS: TEENAGE PARENTHOOD

TITLE: TEEN PARENTHOOD - (Los Adolescentes que Tienen Ninos)

DESCRIPTION: Helps prepare teens for the challenges - practical and emotional - of parenthood. Reminds teen parents not to neglect their own needs. Informs readers about special services available to teenage parents. Written in simple language. Illustrated (15 Pages) 1985

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
1-413-665-7611

BOOKLETS: TEENAGE PARENTHOOD

TITLE: HEALTHY PREGNANCY - (Como Tener un Embarazo Saludable)

DESCRIPTION: This clearly written booklet tells expectant mothers how to minimize their own discomfort and any risks to the baby. Practical advice about nutrition, exercise, medical care, avoiding hazards, and much more.

Illustrated. (15 Pages) 1985

DISTRIBUTED BY: Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373
1-800-628-7733
(413) 665-7611

TITLE: BE GOOD TO YOUR BABY BEFORE IT IS BORN -
(Tenga Un Buen Cuidado de su Bebe Antes de Que Nazca)

DESCRIPTION: In this simply worded booklet, the development of the fetus is outlined and the importance of maternal nutrition and regular prenatal medical visits are stressed. Illustrated. (20 Pages)

DISTRIBUTED BY: March of Dimes
Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, N.Y. 10605

TITLE: PRENATAL CARE - (Cuidado Prenatal)

DESCRIPTION: An illustrated booklet covering such topics as fetus development, nutrition, personal hygiene, and child birth. (70 Pages)

DISTRIBUTED BY: Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

BOOKLETS: TEENAGE PARENTHOOD

TITLE: FACTS YOU SHOULD KNOW ABOUT TEENAGE PREGNANCY -
(Datos Que Usted Debe Saber Sobre Las Adolescentes Embarazadas)

DESCRIPTION: National statistics, health risks to the teenage mother, health risks to the baby and the consequences of teenage pregnancy are briefly covered in this one page fact sheet. 1985

DISTRIBUTED BY: March Of Dimes
Birth Defects Foundation
1275 Mamaroneck Avenue
White Plains, N.Y. 10605